



## Volunteer Opportunities!!

### Background:

Volunteers are needed to help run two after-school programs for at-risk youth in the Fridley and Spring Lake Park area. These programs have been created and designed through Anoka County 4-H and U of M Extension Services in partnership with AmeriCorps and the Minnesota Alliance With Youth. We are also an affiliate of America's Promise, a national collaborative network that builds upon the collective power of communities and partners to help fulfill the Five Promises for every young person in America. These programs are designed to ensure that at-risk youth in Minnesota have access to the Five Promises, which are:

- Caring Adults
- Healthy Start
- Opportunities to Serve
- Safe Places
- Effective Education

### Programs:

The programs will begin in November and are being run at two sites: Fridley Terrace, a manufactured housing development in Fridley, and Westwood Middle School in Spring Lake Park. The target group in Fridley Terrace is approximately 10 Hispanic middle school-aged kids, and will meet once a week on Thursday evenings from 6-7pm. The Westwood Middle School group consists of a diverse group of about 50 students, which will be split in half and worked with on two separate days a week during school hours from 1:55-2:40pm (days yet to be determined). The program consists of a blend of Tae Kwon Do and 4-H activities, promoting both physical and mental exercise, with the goal of increasing their academic focus and progress at school. We will also be tracking their grades throughout the program.

### Volunteer Training:

Volunteers will be trained to share basic knowledge of Tae Kwon Do and assist in running stations (holding bags/pads, supervising, etc.), as well as become familiar with a variety of 4-H activities to carry out with the kids. Various trainings will be available throughout the year, and volunteers are welcome to start anytime. You have the option of helping out consistently for one or both programs, or even just when you can make it. This is a great way to earn volunteer hours for courses you are taking, as well as a great way to give to the community and help build confidence and self-esteem in our youth. Plus, you get to learn a little Tae Kwon Do yourself!

### Contact Information:

If interested, or if you have any further questions, please contact Nova Schuler, Promise Fellow and Program Coordinator, at [nova.schuler@co.anoka.mn.us](mailto:nova.schuler@co.anoka.mn.us), or 763-767-2882.